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## **WORKSHEET 3-1**

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### ***MY DESIRED CONSEQUENCES***

#### **INSTRUCTIONS**

- Review the “short-term positive” columns on your personal decisional balance worksheets.
- Identify six of your favorite short-term positive effects and write them in the first column under “My Desired Consequences.”
- With your group partner, review each desired consequence to figure out what you “got” or “avoided.” Write this in the “What I Got or Avoided” column.

My Desired Consequences	What I Got or Avoided
1.	
2.	
3.	
4.	
5.	
6.	

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## HANDOUT 3-2

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### ***THE FOUR VIEWS OF ADDICTION***



Why do some people become addicted to drugs or alcohol, while others don't? The following are the four most popular answers to this question.



#### **1. Bad or Weak** (Moral/Legal)

- Some people believe that those who become addicted do so because they are BAD people: They lack proper morals. They are weak people who just “can’t say no.” Their view is that addicted people could quit if they really wanted to, and therefore, continued use is proof that they are simply bad, weak people who deserve what they get.

#### **2. Born with it** (Disease)

- Others believe that people become addicted because they were born with a predisposition that makes it automatic that they will become addicted. They believe that the person has no choice in the matter, just like they had no choice in the color of their eyes — their addiction is due to GENETICS.

#### **3. The Culture you Live in** (Social-Culture)

- Some people hold the belief that people will become addicted depending on the ENVIRONMENT they live in. If drugs and alcohol are readily available, and everyone else is using and approves of drug use and abuse, then the people who live in that culture will be more likely to become addicted.

#### **4. You Learned it** (Cognitive-Behavioral)

- The final viewpoint is the idea that people developed their addiction over time. This view says people learn that using drugs and alcohol appear to provide them with many benefits. These benefits are seen to be very powerful and attractive — therefore, the person drinks or uses drugs again. The more a person uses, the more likely he is to become dependent on drugs/alcohol.

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## WORKSHEET 3-3

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### ***WHY I USED***

#### **INSTRUCTIONS**

- Now it is time for you to consider your own life and the reasons you came to use and possibly become reliant on substances.
- Review your **Worksheet 3-1: My Desired Consequences**: Considering what you wrote, complete the questions below.

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Briefly describe:

How I first started using drugs/alcohol.

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What did I expect my using would get/avoid?

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Why did I continue to use?

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	Yes	No
Did I use, or is my addiction, because I am a bad person?	<input type="checkbox"/>	<input type="checkbox"/>
Did I use, or is my addiction, because I was born with an addictive gene?	<input type="checkbox"/>	<input type="checkbox"/>
Did I use, or is my addiction, because my culture makes drugs available and approves of my using?	<input type="checkbox"/>	<input type="checkbox"/>
Did I use, or is my addiction, because I learned that my using provided me with important good things and let me avoid the bad things?	<input type="checkbox"/>	<input type="checkbox"/>

What does this mean to me now?

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**HANDOUT 3-4**

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**SITUATION CARDS**

*Note to Facilitators: Cut and paste the following situations onto recipe cards so that #1 is on one side of the card and #2 is on the other side of the same card.*

**People Card**

- 1) Tell a joke you would tell your friends.

**People Card**

- 2) Tell a joke you would say to your sweet old grandmother.

**People Card**

- 1) How would you act if the President of the United States came to your door?

**People Card**

- 2) How would you act if the President of the United Recollection Agency came to your door?

**People Card**

- 1) What would you do if a pretty girl smiled at you?

**People Card**

- 2) What would you do if a pretty boy smiled at you?

**Places Card**

- 1) How would you behave if you were in a bar?

**Places Card**

- 2) How would you behave if you were in a funeral home?

**Things Card**

- 1) What would you do if you were speeding and you saw a police car behind you?

**Things Card**

- 2) What would you do if you were speeding and you saw someone you owed money behind you?

**Physical Feelings Card**

- 1) Would you work out if you had the flu?

**Physical Feelings Card**

- 2) Would you work out if you felt good and well rested?

**Events Card**

1) What do you do on your birthday?

**Events Card**

2) What do you do on National Recycle day?

**Smell Card**

1) What do you want to do when you smell food  
when you are hungry?

**Smell Card**

2) What do you want to do when you smell food  
when you have the stomach flu?

**Feelings Card**

- 1) How would you feel if you had to pay a fine of \$1,000?

**Feelings Card**

- 2) How would you feel if you found a \$1,000 bill?

**Sounds Card**

- 1) What would you do if you heard your favorite song on the radio?

**Sounds Card**

- 2) What would you do if you heard your old math teacher's favorite song on the radio?